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IN THE COMPETITIVE WEST,
THE JETS APPEAR TO BE
OUT OF THE PLAYOFF
PICTURE **PAGE 19**



Downtown Winnipeg BIZ executive director Stefano Grande says a new poll showing 58 per cent of Winnipeggers feel unsafe downtown after dark doesn't surprise him. He's encouraged to see the numbers slowly dropping year after year. SHANE GIBSON/METRO

Never mind poll, people feel core's getting safer: BIZ

Data. Executive director seeing gradual progress, despite new survey that finds over half of respondents are wary of downtown at night



SHANE GIBSON
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Downtown Winnipeg BIZ's executive director is not shocked by a poll this week showing more than half of Winnipeggers still feel unsafe downtown after dark.

But Stefano Grande says the results indicate perceptions are slowly changing.

In the Probe Research poll, commissioned by the Winnipeg Free Press and CTV, 58 per cent of Winni-

peggers said they don't feel comfortable walking in the core area after dark, with 38 per cent of that number very adamantly stating they'd be fearful and the other 20 per cent saying they'd be slightly less fearful.

"It's nothing surprising, to be honest," said Grande, whose organization works to make downtown more inviting and advocates for positive change in the area.

The results of this week's poll are similar to the numbers found in a poll taken by the BIZ in 2013, said Grande, which found that while 90 per cent of those asked felt safe in the downtown during the day, that number dropped to 37 per cent when the same people were asked if they felt safe at night.

Grande said those num-

bers were an improvement on a 2009 BIZ poll, which showed 75 per cent of respondents didn't feel safe downtown at night.

"There's no doubt there's progress," he said. "Even if you take a look at some of the hard data ... the actual crime rates have continually been decreasing since 2009."

Grande admits there's more to do.

He said increasing police foot patrols, working to find supportive housing for the area's homeless population and encouraging residential development are ways to change the perception of safety downtown, especially at night.

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FIVE THINGS YOU NEED TO KNOW TODAY

1

CHECK OUT THE T-REX

The popular arena show Walking with Dinosaurs is in town for five days, starting today at the MTS Centre — and opening night is sold out. For tickets, head to Ticketmaster.

2

LOTS O' LUCK

The Winnipeg Irish Festival takes place this weekend from Oct. 10-12, and includes a newly added kids' festival. Find more info at irishfest.ca.

3

EBOLA PATIENT UPDATE

Hospital officials say the man being treated for Ebola in Dallas is showing improved liver function, though he remains in critical condition. Thomas Eric Duncan fell ill after travelling to Dallas from Liberia two weeks ago.

4

X-MEN ON THE SMALL SCREEN?

According to the website Bleeding Cool, the X-Men could become the next superhero team to make the leap from the comic book page to the small screen. While rumours are swirling, FOX has not confirmed anything.

5

TYRA, BY TYRA BANKS

Tyra Banks has unveiled her own beauty brand, and she's named it after herself. The America's Next Top Model host and former Victoria's Secret Angel has launched a new beauty collection, Tyra.

Manitoba aims to do better in reading, science, math

Dead last. Education minister takes results 'personally'

Manitoba is promising to do better after a national study ranked the province dead last in reading, science and math among middle-school students.

Education Minister James Allum said the test results are disappointing and hard not to "take it a little bit personally."

"I take it as a personal challenge to work with my partners ... to change those results," he said. "While 86 per cent of our students in Manitoba are meeting or exceeding expectations, clearly there are some students who need additional supports."

Manitoba ranked last in the Pan-Canadian Assessment Program, administered every three years by a group representing provincial education ministers. It looks at reading, science and math skills among Grade 8 students.

The results, released Tuesday, were based on test scores from 32,000 students in all 10 provinces.

To boost results next time,



The government is promising to do better after a national study ranked the province dead last in reading, science and math among middle-school students. SHUTTERSTOCK

Allum said the province will target teacher education and school preparedness. It will also help teachers prepare students for test-taking.

"We should do better," Allum said. "We can do better and we will do better."

Paul Olsen, head of the

Manitoba Teachers' Society, said the test results are troubling but not because they reflect student abilities. The worst teachers in Canada have not all collected in Manitoba and the province does not have an abundance of "dumb kids," he said.

The study reflects socioeconomic challenges in the province, he said.

Conservative Leader Brian Pallister said the low test scores are proof the NDP is failing some children. The government has mismanaged the economy and left many in

poverty, Pallister said.

"We all know that families that struggle to make ends meet have children in their families who struggle to learn," he said.

"Those links are indisputable."

THE CANADIAN PRESS

Winnipeg School Division decides to ban e-cigarettes

Staff and students will have to leave school grounds in Winnipeg's largest school division if they want to vape.

Winnipeg School Division (WSD) voted Monday night to support outgoing trustee Anthony Ramos' motion to ban e-cigarettes, or "vaping" as it has become to be known, from all

WSD property.

E-cigarettes use a battery to heat up and vaporize a liquid that may or may not contain nicotine. Proponents of e-cigarettes say they can help addicted cigarette smokers kick the habit, while others worry the so-far unregulated devices may be hazardous.

Before the vote, some WSD trustees questioned whether the division's already existent smoking ban covered vaping.

At the end of the day, the vote was unanimous to ban vaping on school grounds that fall within the jurisdiction of the WSD.

METRO



Winnipeg School Division trustees voted to outlaw e-cigarettes on all WSD school grounds Monday night. BERNICE PONTANILLA/METRO

1+ NEWS

Election Roundup: East Kildonan-Transcona Community District

Metro Winnipeg is providing an overview of the council races, with today's edition looking at the three wards that make up the East Kildonan-Transcona Community District: Elmwood-East Kildonan, North Kildonan and Transcona. Candidate names are in the same order as they'll appear on the ballots. Visit metronews.ca/tag/winnipeg-civic-election-2014 for all of our election coverage.

BERNICE PONTANILLA
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Paul Quaye SHANE GIBSON/METRO

Elmwood-East Kildonan

Candidates: Jason Schreyer, Thomas Steen (incumbent), Jason Cumming, Paul Quaye

One of the races to watch; this area's current councillor — ex-Winnipeg Jet Thomas Steen — is considered to be in a precarious position.

Back in 2010, the Elmwood-East Kildonan ward, traditionally safe ground for the NDP, saw a bitter nomination battle over who would be given the party's backing.

The result was a voter split between endorsed candidate Shaneen Robinson, who got 3,705 votes, and rival Ron Giesbrecht, who decided to run anyway and received 3,501 — which allowed Steen to win with 3,921 votes.

This time around Steen is facing a rival with strong NDP connections and a well-known last name: Jason Schreyer, son of former Manitoba Premier Ed Schreyer.

"It's hard to say, but I don't think that makes a big difference," said Steen, adding he ran for the federal Conservatives in 2008 and, while he lost the overall count, he took several polling stations in Elmwood and E.K, which prompted him to run at the municipal level.

"The past four years have been really rewarding ... but I still want four more to finish off what we started."

Schreyer said while he has signs blanketing parts of Henderson and Nairn, he isn't leaving anything to chance and highlighted differences of "political philosophy" to Steen, who was a Mayor Sam Katz ally.

"I truly feel obliged that we prioritize restoring trust in city governance," he said.

Paul Quaye said he's hoping to galvanize the support of those who don't want to see party politics at city hall.

"It's very clear, the party lines that are being taken with those top two guys," said Quaye, who works in sales, adding he'd like to be the draw for new voters.

Jason Cumming may be one of the youngest candidates at 19, but said he isn't afraid to propose new ideas, such as a performance-based contractor selection program.

"All I've seen so far is them identifying the issues, I'd even go as far as to say that the main difference between myself and what I've seen is I'm more solution-orientated," he said.



Evan Comstock SHANE GIBSON/METRO

North Kildonan

Candidates: Jeff Browaty (incumbent), Evan Comstock, Andrew Podolecki

Once a young upstart who notched a surprising win over an incumbent, Jeff Browaty is himself now the longtime councillor fending off a couple of adversaries.

Browaty, who beat 11-year veteran councillor Mark Lubosch in 2006 to take the North Kildonan council seat, said he welcomes his two challengers, Evan Comstock and Andrew Podolecki, saying they bring "different voices" to the race.

"I'm not seeing as much from opponents this time as I did last, but at the same time it's good that there are people out there and it's good for democracy," said Browaty. Voters are telling him they'd like to see road improvements all over the city, he added, as well as "adequate ways" to fund improvements.

"I think I've had a good track record for eight years. I'm not one of these councillors that's eight years in and doesn't stop to still talk to people."

Comstock, who works as a French library technician for the Winnipeg School Division, said he's hearing concerns over snow clearing and the increasing difficulty apartment-dwellers are having when it comes to the rising cost of rent in his area.

Despite the difficulty in running against an incumbent with strong ties to a political party, in this case Browaty and the provincial Progressive Conservatives, he feels his message is being heard.

"Getting into a race like this, I'm still going to keep my dukes up and do my best," he added.

Podolecki said he hopes the electorate keeps an open mind when it comes to candidates unaffiliated with any political parties because "there is a huge potential for many voters to really change the outcome of this election."

The feedback he's received is that the numerous scandals at city hall over the last couple years have polarized citizens, with many feeling that they do not get the proper services for the amount of property and other taxes they pay.

As for his competitors, Podolecki had kind words, saying they're "wonderful people."

"I hope, regardless of the result, that whoever is elected, we can deliver the best and work together to achieve that," he said.



Blessing Feschuk SHANE GIBSON/METRO

Transcona

Candidates: Ray Ulasz, Blessing Feschuk, Russ Wyatt (incumbent), George Baars-Wilhelm

Rivals to incumbent Russ Wyatt are hopeful that a perceived misstep will bolster their municipal fortunes.

Wyatt, who has been Transcona's councillor since 2002, kept local politics watchers in suspense over the summer when he declined to state whether he'd be running for re-election.

On Friday, Sept. 12, he announced that he wouldn't be running and instead had opted to pursue the Liberal Party nomination for next year's federal election.

By the following Tuesday — the last day to officially register — he'd changed his mind, saying that he'd made the "tough decision" to abandon his federal aspirations after receiving emotional calls from supporters.

"I'm getting positive feedback from the community, by and large," said Wyatt, who believes his ability to get things done over the years will be the key to success, in an interview Sunday.

"I have a great love and passion for this community and that's what drives me."

Ray Ulasz, considered to be Wyatt's main opponent, said he's heard on the campaign trail that many constituents aren't happy with Wyatt's about-face.

"Many citizens in Transcona are not satisfied with our current representative at city hall, and the signage throughout Transcona is showing this," said Ulasz, who works in business development and has the endorsement of the Winnipeg Labour Council.

"I am decisive, as I was the first candidate to register and have been in it from the start."

Blessing Feschuk, a health-care aide, and George Baars-Wilhelm, who has ties to the Manitoba Liberal Party, both believe they'd bring "fresh" ideas to city hall.

"Transcona needs someone who is focused on being Transcona's advocate for fresh, friendly and fiscally responsible ideas and solutions," said Feschuk, who has a catchy slogan: "Voting is a blessing, vote for Blessing."

Baars-Wilhelm said what voters want to see is an end to "bickering."

Action plan idea

Sanders pledges to make The 'Peg more age-friendly

David Sanders wants to make Winnipeg a better place for seniors to live.

At a Tuesday morning press conference at his Pembina Highway campaign office, the mayoral hopeful said he would implement ideas suggested in the Age-Friendly Winnipeg Action Plan, a blueprint for making the city more accessible and inclusive for seniors released in May by the Mayor's Age Friendly and Seniors Advisory Committee.

"If you read the plan, there's a lot of good words, but not many actions," said Sanders. "It's been presented as part of the Our Winnipeg annual report, and, I think, if you'll examine it, it'll probably say it was received as information, which is deadly at city hall ... I'm saying I'd pick it up and run with it."

In a four-page news release Sanders laid out his vision for an age-friendly Winnipeg which includes designing more accessible buildings, improving snow clearing and ice control on sidewalks, creating affordable housing for seniors, reviewing Handi-Transit, increasing social activities for seniors, and working to reduce poverty and homelessness among Winnipeg's aging population.

Sanders said the Age-Friendly Winnipeg Action Plan will be put in front of the public during neighbourhood consultations this fall, a process he'd like to see held in parallel with budget consultation so council can use the input while finalizing the 2015 operating budget. **SHANE GIBSON/METRO**



Brian Bowman and his family play hockey before an announcement at the Roblin Park Community Centre.

COLINE FAST/FOR METRO

Bowman pledges central system for community centres

Welcome to RinkedIn. New online tools could improve communication, purchasing power

COLIN FAST
winnipeg@metronews.ca

Move over Facebook and Twitter: If mayoral candidate Brian Bowman has his way, the most popular new social network in town might be RinkedIn or GymSpace.

Creating an online hub for community centre board members and fundraising coordinators to share ideas was one of the proposals Bowman made during a campaign announcement at the Roblin Park Community Centre on Tuesday morning.

"The volunteers who work tirelessly to keep community centres up and running need more help from the city," said Bowman. "I see an opportunity to provide our community centres with new tools to help organize, and to ultimately change the culture to make volunteering at your community centre a given."

Citing the example of a board president having to run out to buy toilet paper, Bowman said he would also use existing city technology and open source websites to consolidate purchasing for all basic goods and services among all city community centres.

He suggested similar tools could be used to make scheduling and communicating with volunteers easier, and to assemble resources like templates for vendor contracts.

To recognize the commitment volunteers make to their community clubs, Bowman said his proposed Office of Public Engagement would work with volunteer boards to design a program to track volunteer hours and reward credits that could be used for admission at city attractions.

The General Council of Winnipeg Community Centres, the umbrella body that provides administrative and grant support to volunteer boards, declined to comment on Bowman's proposals.

Crime. City police take part in national effort to stop human trafficking

Winnipeg police connected with women working in the city's sex trade believed to be at risk of being of being exploited as part of a national push into human trafficking last week that saved 18 exploited sex trade workers.

The investigation (the second phase of Operation Northern Spotlight, launched in January) saw 26 police forces pre-arrange to meet people suspected of working in the sex

trade, potentially against their will. During the operation, police charged nine people with 33 offences nationwide.

In Winnipeg, investigators met with 18 women between the ages of 18 and 54 working in hotels and massage parlours.

The women were offered support services, including health care and mental-emotional supports, according to a release. **METRO**

Sales tax case. Opposition won't appeal court ruling in favour of government

The Opposition will not appeal a court ruling that found the Manitoba government did nothing illegal by increasing the provincial sales tax without a referendum.

Tory Leader Brian Pallister says he still believes the tax hike was illegal, but it's now up to voters to judge the NDP government.

He says the New Democrats broke their promise not to raise taxes when they

increased the provincial sales tax to eight per cent from seven last summer.

Pallister says an appeal could drag on beyond the next election.

He says the highest court is the court of public opinion. The government has said it had to raise the sales tax to raise money for infrastructure project and has called the lawsuit a stunt.

THE CANADIAN PRESS

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Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice in a bid to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

THE ASSOCIATED PRESS

NASA

Spacewalks resume after year-long hiatus

Two spacewalking astronauts moved a broken pump into permanent storage Tuesday, NASA's first routine maintenance outside the International Space Station in more than a year. American Reid Wiseman and German Alexander Gerst, both first-time spacewalkers, cheerfully completed the long overdue job 420 kilometres up.

"I can't wait to see these pictures," Gerst said.

THE ASSOCIATED PRESS

Turkey's president says Syrian border town 'about to fall' to ISIS



Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFERIS PITAKAKIS/THE ASSOCIATED PRESS

Middle East. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition

strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance, Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaziantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS

House of Commons gives green light to join ISIS fight

One by one, Conservative MPs in the House of Commons led by Prime Minister Stephen Harper voted late Tuesday to join the war in Iraq, passing a controversial motion that clears the way for Canadian CF-18s to embark on airstrikes in the Middle East.

After two days of debate, the motion to launch a combat mission against the militants of the Islamic State of Iraq and al-Sham (ISIS) passed 157-134.

Some 155 Conservatives

voted in favour of the motion, with the help of Independent MP Brent Rathgeber and Green MP Bruce Hyer, while the NDP and the Liberals were opposed. Liberal MP Irwin Cotler abstained from the vote.

"We do not take this step lightly," Harper said in a statement following the vote.

"It is imperative that we act with our allies to halt (ISIS)' spread in the region and reduce its capacity to launch terrorist attacks outside the

region, including against Canada.

"Our government has a duty to protect Canadians and to shoulder our burden in efforts to combat threats such as (ISIS). We must do our part."

Combat missions do not ordinarily require Commons approval, but Harper himself promised any combat mission, including airstrikes, would be subject to a debate and a vote.

In a statement of his own after the vote, NDP Leader

Tom Mulcair accused the Conservatives of "plunging Canada into a prolonged war without a credible plan," and said the motion — which expressly permits airstrikes in Syria, too, with Syrian approval — exposes Canada to a bloody civil war in that country.

"Time and again, Conservatives have refused to answer clear questions and been evasive on critical details of this mission," Mulcair said.

THE CANADIAN PRESS



Prime Minister Stephen Harper speaks in the House of Commons on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

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Study identifies 8 DNA variants in coffee drinkers

Java genes. Harvard research indicates four are associated with caffeine's effect as a stimulant and how the body breaks it down



Genes and coffee-drinking are closely linked. ISTOCK

How much coffee do you drink every day? One cup in the morning? Or do you gulp it all day?

Scientists have long known that your DNA influences how much java you consume. Now a huge study has identified some genes that may play a role.

Their apparent effect is quite small. But variations in such genes may modify coffee's effect on a person's health, and so genetic research may help scientists explore that, said Marilyn Cornelis of the Harvard School of Public Health. She led the research.

The project analyzed the results of about two dozen pre-

vious studies with a combined total of more than 120,000 participants. Those participants had described how much coffee they drink a day, and allowed their DNA to be scanned. The new study looked for minute differences in their DNA that were associated with drinking more or less coffee.

Researchers found eight such variants, two of which had already been linked to coffee consumption.

Four of the six new variants implicate genes that are involved with caffeine, either in how the body breaks it down or in its stimulating effects, the researchers said in a paper released Tuesday by the journal Molecular Psychiatry.

The two other newly implicated genes were a surprise because there's no clear biological link to coffee or caffeine, Cornelis said. They are instead involved with cholesterol levels and blood sugar.

Marian Neuhouser, a nutrition researcher at the Fred Hutchinson Cancer Research Center in Seattle and study co-author, said identifying genes related to consumption may one day help doctors identify patients who need extra help in cutting down on coffee if recommended. For example, pregnant women are advised to consume only moderate amounts of caffeine because of risk of miscarriage and pre-term birth, she said.

THE ASSOCIATED PRESS

Delaware

Girl accidentally brings heroin to daycare

A four-year-old girl mistakenly took about 250 heroin packets (an estimated four grams) to her daycare centre Monday and began passing the packets to classmates, thinking they were candy, Delaware State Police said Tuesday.

Any kids who received the heroin packets went to the hospital as a precaution, but no packs were opened and all children were examined and released.

Police say the child brought the heroin to the centre when her mother gave her a different backpack because the girl's regular one had been ruined by their family pet.

The girl's mother, Ashley Tull, 30, was charged on three counts of child endangerment and maintaining a drug property. She was arraigned Monday in Justice of the Peace Court and released on a \$6,000 bond.

THE ASSOCIATED PRESS



Signing the future 'hello'

A prototype of Japanese electronics company Toshiba's female android Ms. Aiko Chihira performs sign language to a visitor during the annual CEATEC Japan advanced technologies show in Chiba. The robot features smooth gestures and expressions, giving a self-introduction to visitors. Exhibitors used such attention-grabbing gadgets to showcase their technology and stand out at the event that began Tuesday.

KOJI SASAHARA/THE ASSOCIATED PRESS

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RCMP death underlines PTSD issues

RCMP. Cpl. Ron Francis served for 22 years

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go," assistant commissioner Roger Brown told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the

Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died.

Brown said the police force was doing all it could to get Francis the support he needed, meeting with him as recently as Sunday.

"Unfortunately this is not the outcome that I would've hoped for, that I would've anticipated," Brown said.

Francis, who served with the Mounties for 22 years, made national headlines last year after he complained that he wasn't allowed to smoke medicinal marijuana for PTSD while in uniform.

He pleaded guilty last month to assaulting four fellow RCMP officers and was to be sentenced next month.

THE CANADIAN PRESS



Gay couple first to marry legally in El Paso County

Jana Hayes, left, and Angie Hayes embrace under an altar at the Citizens Service Center in Colorado Springs, Colo., Tuesday, after self-officiating their own marriage and becoming the first same-sex couple to legally wed in El Paso County. Colorado Attorney General John Suthers ordered clerks in all of the state's 64 counties to issue marriage licences to gay couples after the Colorado Supreme Court lifted previous orders barring clerks in Denver and Boulder from doing so. MICHAEL CIAGLO/THE COLORADO SPRINGS GAZETTE/THE ASSOCIATED PRESS

Petroleum distillate

RCMP evacuates village when freight train derails and catches fire

A CN freight train carrying dangerous goods derailed in central Saskatchewan on Tuesday and caught fire.

The Saskatchewan government said the derailment happened near the small community of Clair, which was being evacuated. RCMP said people with farms in the area were also being told to leave.

CN spokesman Jim Feeny said the train was made up of three locomotives pulling 100 cars and that 26 of them derailed. He said the fire came from petroleum distillate, which spilled from two of the derailed cars.

"They had fire and smoke," Feeny said. "The crew is not injured, but we have reports from the local authorities that some nearby residents in the rural area have been evacuated."

THE CANADIAN PRESS



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New iPhone app

How to catch a suspected child predator? Via an app

Federal investigators in the U.S. say an iPhone app — designed to help catch fugitive and suspected child predators — led law enforcement officials to a suspect less than 36 hours after it became available.

A year later, they are hoping to greatly expand their reach by making the app available in Android and Spanish versions.

The app allows users to receive alerts about wanted predators, to share the information through email and social media, and to pass along tips by filling out an online form or calling a tip line. It also allows users to see news about arrests and prosecutions. **THE ASSOCIATED PRESS**

Report

The True North, strong ... and slow to embrace technology

Some of North America's most influential online companies warn that Canada is losing its international edge on the Internet because businesses are slow to take up digital technology.

The Internet Association,

a group that calls itself the voice of "America's leading Internet companies" including Google and Facebook, released a paper Tuesday on Canada's competitiveness in the digital economy.

Only three per cent of the Canadian retail economy is online compared with 23 per cent in the U.K. The contribution Internet companies in Canada make to the economy is far below that of other G20 countries. **THE CANADIAN PRESS**

Cheapest in Canada

Don't have a cow, but a jug of milk is \$3.65 in Windsor

Windsor, Ont., is the discount dairy capital of Canada.

According to a survey conducted by Field Agent, you can buy a four-litre jug of milk for \$3.65 at Windsor's Costco and No Frills locations. That's the lowest price in the

country and \$1.15 cheaper than the national average.

The study found milk prices vary significantly across Canada. For example, a four-litre jug of milk in Scarborough, Ont. retails for the same price as a two-litre carton in St. John's, N.L.

Prices were higher in the Atlantic provinces, with residents paying 25 to 50 per cent more for milk than the average Canadian.

LUKE SIMCOE/METRO ONLINE

Driven to distraction by talking?

Voice-activated gadgets. Hands-free devices meant to cut down on distracted driving may be doing more harm than good

a phone call while keeping their eyes on the road and their hands on the wheel, but many of these systems are so error-prone or complex that they require more concentration from drivers rather than less, according to studies released Tuesday by the AAA Foundation for Traffic Safety and the University of Utah.

One study examined infotainment systems in some of the most common auto brands on the road: Chevrolet, Chrysler, Ford, Hyundai and Mercedes. The second study tested the Apple iPhone's Siri voice system to navigate, send texts, make Facebook and Twitter posts, and use the calendar without handling or looking at the phone. **THE ASSOCIATED PRESS**

Just because you can talk to your car doesn't mean you should.

Two new studies have found that voice-activated smartphones and dashboard infotainment systems may be making the distracted-driving problem worse instead of better.

The systems let drivers do things like tune the radio, send a text message, or make



Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees. The Sanitas health trade union says 30,000 doctors and nurses have left Romania in recent years due to low salaries and underfunding. Junior doctors earn 200 euros (\$260 US) a month. Unofficial payments and bribes to health-care staff are common. **VADIM GHIRDA/THE ASSOCIATED PRESS**

Market Minute



DOLLAR
89.52¢
(-0.32¢)

TSX
14,576.45 (-166.67)

OIL
\$88.85 US (-\$1.49)

GOLD
\$1,212.40 US (+\$5.10)

Natural gas: \$3.94 US (+\$0.03)
Dow Jones: 16,719.39 (-272.52)

Bees. Pesticides linked to deaths of bees could have 'massive impact' on nature

The widespread use of neonicotinoid pesticides by Ontario farmers, which has been linked to the deaths of bees, could have a "massive impact" on our ecological system, the province's environment watchdog warned Tuesday.

"All the science is not done, but everything that I have before me ... suggests to me that this is the biggest threat to the structure and ecological integrity of the ecosystem that I have ever encountered in my life, bigger than DDT," said Environmental Commissioner Gord Miller as he released his annual report.

Dichloro-diphenyl-trichloroethane was banned in Canada in 1972 because of environmental and safety concerns, and even Environment Minister Glen Murray admitted the neonicotinoid class of pesticides is "much more toxic" than DDT.

"It is persistent in the environment and stays there for years. About 94 per cent of it doesn't go into the plants, it goes into the soil," said Murray.

"It is impacting not just colonizing bees, but wild bees, birds, soil health as well as frogs and other invertebrate aquatic life."

THE CANADIAN PRESS



MATH: THE NOBELIST OF PURSUITS

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about \$1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent



JUST SAYIN'

Paul Sullivan
metronews.ca

when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from

something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner:
Kyle Sherman



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips

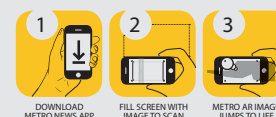


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 15 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



MetroTube



'Holy mother of muumuu!'



ANDREW FIFIELD
andrew.fifield@metronews.ca

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend, when they came across a tractor trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)



ISTOCK

Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

Join the conversation @metropicks

THE BIGGEST ACT

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SCENE 11

Dropping the gavel on truth and justice at the movies

You judge 'em. Legal films deliver some memorable movie lines



IN FOCUS
Richard Crouse
scene@metronews.ca

"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this week-end's legal thriller *The Judge*. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a no-nonsense justice who doles out old-fashioned common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have



Robert Downey Jr.
CONTRIBUTED



Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Pass sentence

Downey holds court with status quote

Interviewers love talking with Robert Downey Jr., not just because he's one of the biggest movie stars in the world, but also because he's a one-man quote machine.

Walking into a room full of Canadian reporters to chat up his latest film, *The Judge*, he's wearing a festooned shirt — and that is the only word that can be used to describe his flamboyant sartorial choice — with a pattern that resembled a bisected tree trunk. More intriguingly he carried a small green, nondescript box.

Asked what was inside he said, "I have distilled socialism in this box. It wasn't easy. I'm bringing it back to America."

And the quotes kept coming.

The Judge is a family drama about Hank, a hot-

shot, big-city lawyer who returns to his hometown for his mother's funeral. He's been estranged from his father, Judge Joseph Palmer (Robert Duvall), for years — "He's dead to me" — but is forced to re-examine everything he knows about his dad when the judge is accused of murder.

Downey says, "I found myself crying all the time," (great quote No. 2 for those keeping track) during filming, but not because he was reflecting back on his own life. "I got caught up in the reality the movie expresses," he says. "Hank's mom's funeral is every funeral and Hank's cut-off with his dad is every cut-off that anyone has ever had. It's not even particularly a father-son story because the judge could have been the mom. I just think about these family dynamics and they light up constellations that are very emotional" (great quote No. 3!).

He describes shooting the movie as a "weird game of Sudoku" (great quote No. 4) in terms of making sure

the emotional moments didn't stack up against one another, blunting their impact.

"You can't just play 120 catharses in a row," he says. "I hate it when I see that in movies. It's like, 'All right, is everyone always crying in real life?'"

The first step in finding the character meant not allowing his Hollywood persona to bleed into Hank. "That was the first thing I had to smash," he says.

"Hank is really observing this situation that's happening around him and to him and he becomes this person who has to go through this terrible and wonderful crucible. It was really just about doing less and less and less and less and I like being busy. I like to talk and I like to be active and all that stuff, so sometimes I felt like I was literally just sitting on my hands."

He leaves us with one last great quote that sums up his emotional response to the film. "It kicks me in the stomach in the nicest way." **RICHARD CROUSE**

Youth must be served

"What is a yoot?"

Judge Chamberlain Haller's classic line in *My Cousin Vinny*

Everyone remembers Fred Gwynne as *My Cousin Vinny*'s Judge Chamberlain Haller — his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

As played by Christopher Lloyd in *Who Framed Roger Rabbit*, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the murder of Marvin Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Joseph Dredd is convicted for a crime he didn't commit, he must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in *Anatomy of a Murder*, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.

2 SCENE

THE BIGGEST ACT MTS CENTRE HAS EVER SEEN!

BBC

metro

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SCENE

metronews.ca
Wednesday, October 8, 2014

Horror series lets its freak flag fly

American Horror Story. New season returns with a creepy carnival freak show

Step right up, ladies and gents: American Horror Story is back for Season 4,

complete with a bearded lady, a woman with two heads and another with three breasts.

This installment of the series is called Freak Show (debuting Wednesday, Oct. 8 at 10 p.m. EDT on FX Canada) and is set in Jupiter, Fla., in 1952. It revolves around one of the last tour-

ing companies of physically different humans.

The problem is that business is bad, forcing owner Elsa Mars (portrayed by Jessica Lange) to go to great lengths to assure that the show goes on.

The show's co-creator Ryan Murphy said Lange came up with the concept.

"I think back in Season 1, she said, 'We've got to do carnival, freak shows,' and she kept sending me books," he said.

With his creative partner Brad Falchuk, Murphy eventually embraced the idea. He wanted the show to imbue a spooky, early 1950s sci-fi feel, and he wanted to

give Sarah Paulson an impossible role.

She plays the characters Bette and Dot Tattler, conjoined twins who may be the star attraction that Elsa's show desperately needs.

Paulson called the roles "the most difficult thing I've ever done in my life."

She said the characters' heads can't turn to look into each other's eyes.

"And that's a hard thing to do, to act with yourself," Paulson explained. "I like to act looking at others' faces, like Kathy Bates."

The premiere attracted almost all members of the large AHS ensemble, including cast members who are physically different in real life.

They include the two-foot-tall Jyoti Amge, the world's smallest living woman, and Erika Ervin, who, at six feet eight inches, is dubbed "the world's tallest professional model" by Guinness World Records.

Quoted

"I have always felt like a freak, from two years of age on. It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside."

Ryan Murphy, co-creator on Season 4 of American Horror Story

And yet there's more to Freak Show than physical appearance.

"I have always felt like a freak, from two years of age on," explained the openly gay Murphy.

"It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside." **THE ASSOCIATED PRESS**



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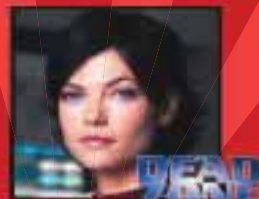
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Kathy Bates gives a hair-raising performance on American Horror Story: Freak Show. FX

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DISH

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Queen Elizabeth ALL PHOTOS: GETTY IMAGES

Palace staff who love dating apps left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly "deeply concerned" about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. "There are real and serious security concerns at Buckingham Palace about members of staff

use of dating apps such as Tinder, which can be rather sleazy," a source says. "The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met." I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

The Word



Shame is yours, not mine: JLaw



NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: "I was just so afraid. I didn't know how this would affect my career," Lawrence tells Vanity Fair. "Just because I'm a public figure, just because I'm an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It's my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can't believe that we even live in that kind of world."

There's a reason it took

her this long to speak out, as the violation of privacy was pretty tough to get over. "Every single thing that I tried to write made me cry or get angry," Lawrence says. "I started to write an apology, but I don't have anything to say I'm sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he's going to look at you."

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren't for you.

"It is not a scandal. It is a sex crime. It is a sexual violation," she says. "Anybody who looked at those pictures, you're perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, 'Oh, yeah, I looked at the pictures.' I don't want to get mad, but at the same time I'm thinking, I didn't tell you that you could look at my naked body."



Michelle Williams

Now life will no longer be a Cabaret, Michelle puts Brooklyn home up for sale

If anybody's looking for a swanky Brooklyn townhouse, Michelle Williams is all done with hers. The Oz the Great and Powerful star is putting the six-bedroom property on the market for \$7.5 million, according to Radar Online. The ridiculous-

ly well-appointed home also has rustic hardwood floors, a library, 4.5 bathrooms — one with a claw-foot tub, even — a partially covered backyard patio and a three-car garage. All it needs is a hot tub and it could be the next Real World house.

Twitter



@amandabynes
I'm transferring to NYU or Columbia from FIDM to study psychology, so you'll see me in New York if you live here but I HATE stalkers!



@JoJoistheway
I need to not fall asleep with the news on,...



@rickygervais
I can't think of anything remotely interesting to tweet.

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3

LIFE

How-to

Never sacrifice style for comfort — and vice versa

1. Wrinkle-free trousers and chinos are more stylish and more comfortable than denim.
2. Go with fabrics that breathe so you perspire less. Synthetic fabrics also tend to absorb odours.
3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for \$20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for \$35. The Centurion Lounges by American Express (free for Platinum cardholders, \$50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX



Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

TEXT: DOUG WALLACE, PHOTO: VAIL RESORTS



Oktoberfest. Raise your glass to these unique brew spots



Bucket list breweries

- **Largest brewery.**
The Golden Brewery, Colorado
- **Oldest brewery.**
Bavarian State Brewery, Weihenstephan, Germany
- **Most remote brewery.**
Easter Island
- **Smallest brewery.**
Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. **AFP**

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VAWN HIMMELSBACH
life@metronews.ca

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge.

It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings, allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing ... you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the



The view from Minga Eco Lodge. PHOTOS: VAWN HIMMELSBACH/METRO

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. To date, 385 member miles have been donated, and Aeroplan has contributed close to 100 million miles.
- **Parents or grandparents.** Can redeem miles for a certificate that can help a young person go on a Me to We Volunteer Adventure.

outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of "clean" water is from a hose that comes up out of the ground in the middle of



Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

the school playground. There's only one toilet in the entire community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project.

"Our hope is within five or

six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up of locals. We cut, form and bind rebar to build, quite literally, the pillars of education.

Cement (mixed by hand) will be poured over the rebar to create pillars that will hold up the school. It's back-breaking work without machinery.

It will take six to seven months to complete one school, so our group will be one of many helping to make that happen.

But, "it's more than bending rebar all day," said Ott.

"It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name."

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In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

ROSIE
HALES
TalentEgg.ca

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips in this article, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you. Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the follow-

ing tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

- What brought them to work



Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

for this company?

- If they did post-secondary education, what kind did they do, and what was their specialty?
- What's their favourite part

of the job?

- Which company office are they from?
- Don't forget to ask key questions about the company:
- What kind of students are

they looking to attract at this recruitment event?

- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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SHUTTERSTOCK PHOTOS

PROTECT YOUR TEETH WITH CREST

Make sure that sensitive teeth don't stop you cold from having fun outside this winter.

Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

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DON'T BE LEFT OUT IN THE COLD THIS WINTER

THE BEST DEFENCE AGAINST YOUR SENSITIVE TEETH

You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occa-



SHUTTERSTOCK

sional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

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Stuffing takes on turkey with a twist

Alternative Thanksgiving week.
The combination of broccoli and wild rice shake up your holiday stuffing



DINNER EXPRESS
Emily Richards
food@metronews.ca

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.



This recipe makes eight servings. EMILY RICHARDS

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes

or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice

turkey breast horizontally in half almost all the way through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over

roll-style and using kitchen string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over turkey breast, turn-

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

ing to coat all over.

Cover with plastic wrap and refrigerate for at least 1 hour or for up to 4 hours.

4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

To cook wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.

Spicy vegan pumpkin pie filling

1. Prepare pastry and let chill in refrigerator for at least 1 hour.

2. Remove pastry from refrigerator. Combine 2 discs and, on a well-floured surface,

roll out to a circle about 1/4 inch (5 mm) thick and 10 inches (25 cm) in diameter.

3. Transfer to a 9-inch (23-cm) glass pie plate by gently rolling dough around rolling pin like a jelly roll, then unrolling it onto pie plate and lightly pressing it down. Trim overhang and crimp pastry edges with fingers or a fork to seal.

4. In a blender or large bowl, combine pumpkin purée, maple syrup, coconut milk, arrowroot starch, oil, cinnamon, ginger, agar-agar, salt and nutmeg. Blend or whisk until smooth.

5. Pour filling into pie shell, using a spatula to smooth top. Bake in a 190 C (375 F) for 45 minutes.

6. Let cool for about 30 min-



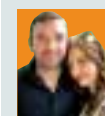
Recipe makes one 9-inch (23-cm) pie. THE CANADIAN PRESS

utes before refrigerating and let set for at least 4 hours, and up to overnight, before slicing.

THE CANADIAN PRESS/BUNNER'S:
SIMPLE AND DELICIOUS GLUTEN-FREE
VEGAN TREATS BY ASHLEY WITTIG AND
KEVIN MACALLISTER

Food around the world

Brazil (vegan rating: 5/10)



MEAT AND VEG
meatandvegontheroad.
tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.



Veg: The beautiful southern beach town of Florianópolis was where we spent all of our time in Brazil, but the local seafood eateries didn't offer Veg many vegan options. To

combat this, we raided the local markets and whipped up this varied dish of textured soy protein, gluten-free corn pasta, fresh cucumber slices accompanied by a tomato sauce laden with local brown beans and vegetables.



Meat: The country's national stew is Feijoada so I decided to make my own large batch of this oily, satisfying pork-and-bean mix. I made so much, in fact, that I began adding it to breakfast most mornings with my chorizo, scrambled eggs, fried potatoes and toast. The local fish bakes in the restaurants are also worth a mention but my main culinary highlight was how much I enjoyed stew with my breakfast.

Being good isn't good enough for Jets in West



THE HOCKEY NEWS
Ronnie Shuker
winnipeg@metronews.ca

Patience is a hard sell in a city that hasn't hosted an NHL playoff game since 1996, yet the Winnipeg Jets have little else to sell to their fan base than present pain for future gain. Were they in the Eastern Conference, the Jets wouldn't be the post-season pretenders they are now, but being in the Western Conference — among a Murderers' Row of Stanley Cup contenders and in the NHL's Division of Death — they have as much hope of making the playoffs as Ondrej Pavelec does of winning the Vezina Trophy.

The Hockey News has the Jets finishing last in the Central Division, and it's hard, rationally, to argue any other conclusion. Could Winnipeg finish ahead of Nashville? Possibly, but the Jets couldn't do it last season when goalie Pekka Rinne played only 24 games for the Predators, so the smart money is on Nashville. Given the poor Corsi Close rankings for Minnesota (23rd) and Colorado (25th) last season, could Winnipeg catch either of them? Maybe, but since the Jets weren't much



Defenceman Jacob Trouba is part of the a promising young core for the Jets, one which has little room for error if it's to make the playoffs this season in a tough Western Conference. GETTY IMAGES FILE

better (tied for 20th), don't bet on it. How about Dallas? After acquiring Jason Spezza, the Stars now have two No. 1 centres, while the Jets have none. And, please, don't even mention St. Louis or Chicago.

The Jets are only one player away from being a playoff team and a few skaters away from being a Stanley Cup contender. Of course, that one player is a top-10 goaltender, and those few

skaters are a No. 1 centre, a top-two defenceman and a 40-goal scorer, so the rebuild is far from finished. Right now, Winnipeg is a good team with bad goaltending. And good teams are, at best, on

Stacked conference

"Right now, Winnipeg is a good team with bad goaltending. And good teams are, at best, on the playoff bubble."

the playoff bubble — which is quickly popped by having a bad goalie.

That brings us to Pavelec, the media's favourite whipping boy. Not to add to his lashes, but in Pavelec — who tied for 70th in save percentage and 69th in goals-against average last season — Winnipeg statistically has one of the NHL's worst goaltenders, let alone starting goaltenders. In seven seasons, his best single-season stats are a .914 SP and a 2.73 GAA. Why general manager Kevin Cheveldayoff is convinced the eighth time is the charm is nothing short of baffling.

In Jacob Trouba, Mark Scheifele, Evander Kane, Zach Bogosian, Josh Morrissey and Nikolaj Ehlers, the Jets have a promising young core. There's hope for the future, but Jets fans are advised to keep it bottled rather than let any of it escape this season, because the playoffs are a pipe dream for this team.

Three players to watch

RONNIE SHUKER/THE HOCKEY NEWS
Photos by Getty Images

Ondrej Pavelec

Management says "starter." Statistics say "backup." If he has another awful season, fans will scream "good riddance."



Evander Kane

Lives like a playboy, acts like a teenager, paid like a star. It's time for him to earn his \$6-million salary.



Mark Scheifele

He's better suited to being a No. 2 centre, but the Jets are hoping he shapes into a No. 1.



4 SPORTS

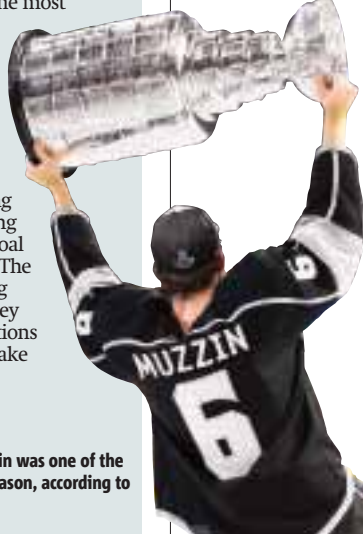
Analytics rule the NHL

If you're a progressive thinker, the kind who loves math and Malcolm Gladwell books, you're probably big into hockey's advanced stats movement. Pat yourself on the back. But if you bristle at the mention of odd new phrases such as 'Corsi rating' and 'Fenwick Close,' and don't know what the heck we hockey media types have gabbed about all summer, keep reading. It's time for Advanced Stats 101. **MATT LARKIN/THE HOCKEY NEWS**

Corsi

Developed by former NHLer-turned-goalie coach Jim Corsi, who wanted to track how busy his goalies were, this is the most commonly used metric in advanced stats. It measures the differential of shots attempted by teams and players versus their opponents' total. That includes shots on goal, shots that miss the net and blocked shots. Corsi is an approximate way of measuring possession, as the team blasting more pucks at the opposing goal tends to have the puck more. The Kings had the best Corsi rating in the NHL last season, and they won the Stanley Cup. Correlations like that are why it's time to take advanced stats seriously.

Kings defenceman Jake Muzzin was one of the top possession players last season, according to Fenwick. GETTY IMAGES



Fenwick

What good is a shot attempt if it bounces off a shin pad? That's what Fenwick proponents argue. Fenwick measures the same things as Corsi, except it factors out blocked shots.

Fenwick's best individuals:

1. Jake Muzzin, L.A. (61.3%)
2. Patrice Bergeron, Bos (61.2%)
3. Anze Kopitar, L.A. (61.0%)
4. Justin Williams, L.A. (60.8%)
5. Tyler Toffoli, L.A. (60.5%)

Zone starts

Zone start percentages track player deployment. Guys such as Brad Richards and Mike Ribeiro had some of the highest offensive zone start percentages in the league last season, meaning their coaches were insulating them from playing defence by sending them out for most of their shifts in the offensive zone. A player with a low offensive zone start percentage who also has a high Corsi is a dominant presence, as it means he's pushing the puck toward the other team's net despite starting most of his shifts outside their zone.

2013-14 zone start leaders:

1. Mike Ribeiro, Phx (71.7%)
2. Patrick Kane, Chi (69.8%)
3. Andrew Shaw, Chi (67.9%)
4. Jeff Skinner, Car (66.7%)
5. Brad Richards, NYR (66.6%)



Coyotes centre Mike Ribeiro led the NHL in offensive zone start percentage last season, one more bit of evidence to show he's a defensive liability. GETTY IMAGES

Close

Don't shrug it off if you see "close" attached to Corsi and Fenwick. Corsi Close and Fenwick Close track only shot attempts in tie games and games within one goal during the first and second periods. Why? Because blowouts skew the results. A team with a 5-0 lead, for instance, will take its foot off the gas, leading to more opponent shot attempts, which renders the Corsi and Fenwick numbers less informative. We want to know which players and teams control possession more when all things are equal and each side is trying its hardest to score.

Women's World Cup

Enough time to fix turf, lawyer says

Lawyers for a group of elite players opposed to playing the 2015 Women's World Cup on artificial turf say FIFA's own timetable shows there is plenty of time to resolve the issue ahead of the showcase soccer tournament.

Lawyer Hampton Dellinger pointed to a story on the FIFA website on the FIFA inspection tour that wrapped up Tuesday in Vancouver that said "all certification steps for stadium pitches are expected to be completed by early 2015."

That "supports our position that there's plenty of time to come up with a reasonable solution," Dellinger said in an interview.

"They can't say today that these fields are acceptable," he added. "So that really, in a way, provides an opportunity for the two sides to come together as we have tried to do, and work this out."

As the inspection tour concluded, FIFA gave a thumbs-up to Canada's tournament preparations.

THE CANADIAN PRESS

NBA

Agent: Allen yet to decide on future

The agent for free-agent shooting guard Ray Allen says his client has not decided whether to continue his NBA career.

Agent Jim Tanner posted a statement on Twitter saying the 39-year-old Allen remains uncertain about his future. Tanner felt the need to comment following rumours Allen signed with the Cleveland Cavaliers.

THE ASSOCIATED PRESS

NHL

Malkin '50/50' to play in opener

Evgeni Malkin isn't skating a like a guy who wants to his ease way back from injury.

The Pittsburgh Penguins star says it's "50/50" he'll play in Thursday night's season opener against Anaheim but the odds appear to be getting more favourable by the minute. Malkin practised with his teammates for the first time on Tuesday after missing most of training camp with an undisclosed issue.

THE ASSOCIATED PRESS

Cards advance to NLCS as Kershaw crumbles

MLB playoffs. Adams' shot in 7th gives St. Louis offence necessary to top Dodgers' ace starter

The St. Louis Cardinals tagged Clayton Kershaw in the seventh inning for the second straight time, riding Matt Adams' go-ahead, three-run homer to a 3-2 victory over the Los Angeles Dodgers on Tuesday and a fourth straight trip to the NL Championship Series.

Following their 3-1 win in the best-of-five series, the Cardinals await San Francisco or Washington with their rotation well-rested for the NLCS, which starts Saturday. They would open at home against the Giants or at the Nationals.

Trevor Rosenthal allowed two runners in the ninth before getting Carl Crawford on a game-ending groundout for his third save of the series.

Kershaw allowed one homer to left-handed hitters while

Game 4

3

Cardinals

2

Dodgers

- Go to metronews.ca for coverage of Game 4 of the other NLDS between the Washington Nationals and Giants in San Francisco.

going 21-3 with a 1.77 ERA in the regular season. He gave up two to the Cardinals, with Matt Carpenter connecting in the opener. The ace is 0-3 with a 9.72 ERA in his last three post-season appearances, including St. Louis' clinching Game 6 win in the NLCS last year.

Kershaw pitched on three days' rest for the second time in his career. He was dominant into the seventh, as he was in Game 1, but again started the inning with three straight hits.

THE ASSOCIATED PRESS



Matt Adams rounds the bases after hitting a three-run home run off of Dodgers ace Clayton Kershaw on Tuesday night in St. Louis. DILIP VISHWANATH/GETTY IMAGES

2015 Ford F-150

- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** \$21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.



F-150 offers a 360-degree camera and side-mirror spotlights.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

Slim, trim and still the boss

PHOTOS: JIL MCINTOSH



Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

JIL
MCINTOSH
drive@metronews.ca

When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before. Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many larger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.



The interior is an improvement, but not quite as spectacular as it could be.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, acceler-

ates quickly, and brakes faster and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as

spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck. But, for now, the F-150 is definitely the leader of the pack.

Compare



1 Chevrolet Silverado
Base price: \$26,540
Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.



2 Ram 1500
Base price: \$26,995
The Ram is the only light-duty pickup available with a diesel engine and air suspension.



3 Toyota Tundra
Base price: \$27,225
Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

5 DRIVE



The Citroen C4 Cactus Airflow 2L concept uses compressed nitrogen to drive oil through a hydraulic motor. CONTRIBUTED

Air-powered cars burst their way onto Paris scene

Autopilot. Two vehicles unveiled at Paris auto show use compressed nitrogen to drive front wheels

the motor, which turns the front wheels.

The burst of energy is short — lasting way less than one kilometre. But recharge time is short, too: 10 seconds or so.

A pump recycles the nitrogen and oil back into the “charged” position, using energy from the gas engine and a regenerative braking system (which captures the energy available when coasting or braking to a stop — just like in a gas-electric hybrid). Also, like all hybrids, the vehicle can be propelled by air alone, gas engine alone, or a combination.

Both concept vehicles feature reworked versions of the automaker's 1.2-litre three-cylinder turbo-charged engine, and Peugeot-Citroen says the Air Hybrid technology reduces its already minuscule fuel consumption by 30 per cent.

But its major claim to fame is how it achieves that 30 per cent reduction. Compared to a gas-electric hybrid, it does it with considerably less weight, complexity and cost. No big, heavy battery for one thing. It also has a greener manufacturing and recycling footprint.

The downside is it doesn't allow those long, silent and satisfying "totally green" kilometres afforded by gas-electric hybrids. The powertrain probably won't run as smoothly, either.

And, for now, the technology is only applicable to smaller and lighter vehicles.

But it has an air of mystery about it that is very compelling. I hope it isn't one of those promising innovations that disappear over time — into thin air.



AUTO PILOT
Mike Goetz
drive@metronews.ca

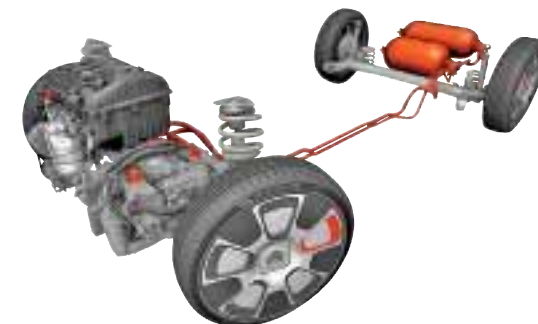
No one can accuse Peugeot-Citroen of being full of hot air. In fact, the automaker's latest technology is a breath of fresh air.

Under pressure to meet a French initiative to develop an affordable vehicle that gets 2 l/100 km fuel efficiency by 2020, the company's engineers took a deep breath, exhaled, and then got to work on a potential hybrid system that combines a gas-powered engine with a hydraulic motor running on compressed air.

The technology was officially revealed last year, but got another airing at this week's Paris auto show, where two concept vehicles are showcasing the airy goods — the Peugeot 208 Hybrid Air 2L and the Citroën C4 Cactus Airflow 2L.

It's no coincidence that both feature 2L in their names. As currently configured, with a plethora of fuel-saving technologies, both vehicles are said to be capable of achieving that fuel-efficient holy grail of 2 L/100 km.

Here's how it works: A storage tank holding compressed nitrogen is connected to a hydraulic motor. When the pressurized nitrogen is released, it forces oil through



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus

April 21 - May 21

Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini

May 22 - June 21

Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer

June 22 - July 23

Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo

July 24 - Aug. 23

Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo

Aug. 24 - Sept. 23

Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra

Sept. 24 - Oct. 23

Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio

Oct. 24 - Nov. 22

What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

♐ Sagittarius

Nov. 23 - Dec. 21

You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn

Dec. 22 - Jan. 20

Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius

Jan. 21 - Feb. 19

You have every reason to enjoy yourself. Even though some people appear to be having it tough, you can set a good example.

♓ Pisces

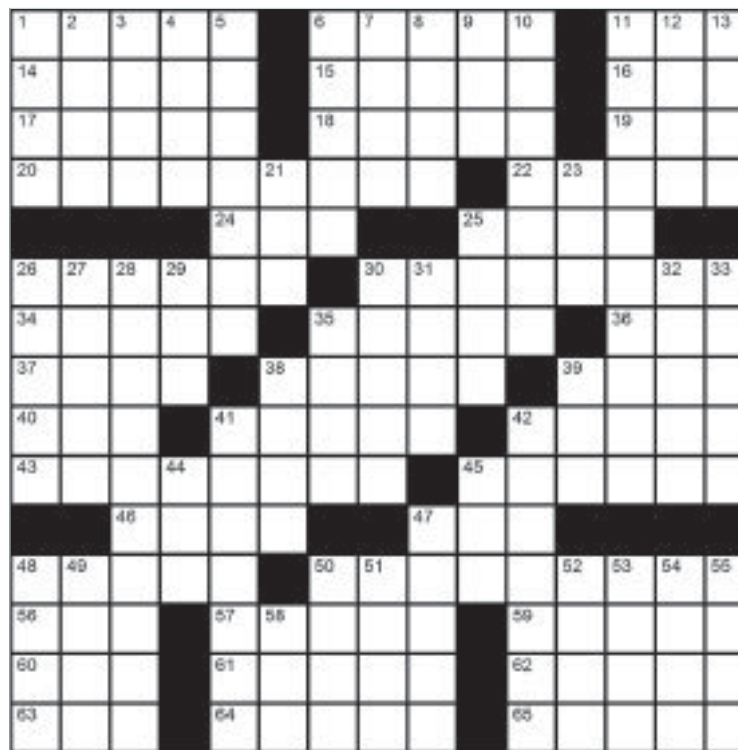
Feb. 20 - March 20

The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mr. Johnson, American Idol
6. Showbiz blogger Mr. Hilton
11. Energy
14. Ancient market
15. "It's good, ___ it!"
16. Sweetie
17. ___ (Vacationing reason)
18. Moves swiftly
19. Alberta: ___ Island National Park
20. ___ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
22. Gaudy
24. Period
25. Con
26. Attribute
30. Painting props
34. 'And ___ be he that moves my bones.' (Shakespeare's grave epitaph ending)
35. "For Whom the Bell Tolls" (1943) character
36. TV channel
37. Fe
38. French impressionist Claude
39. "It's ___ real!"
40. "Emerald Point ___" ('80s series)
41. Ms. Chanel's
42. Oak dropping
43. Saskatchewan village
45. Computer keyboard sort
46. Deal



47. Composer, Josef ___ (b.1874 - d.1935)
48. Elbow: French
50. One who boosts confidence
56. Fitting-here bug
57. Alannah Myles' "___ of Mine"
59. In ___ (Laundry's

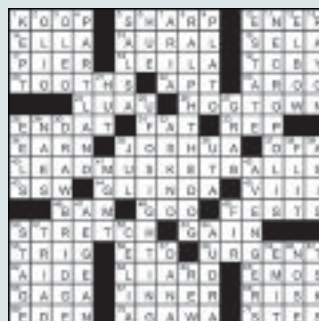
- place)
60. Skater Midori
61. "Me, Myself & ___" (2000)
62. "Reign" star Toby
63. And not
64. Like a Viking
65. French painter Edgar

Down

1. Verdi aria: "___ Nome"
2. Seaweed product
3. Short's opposite
4. Earth goddess in Das Rheingold
5. Blue-Red-Blue: Mr. Newman (b.1905 -
- d.1970), American artist of Voice of Fire
6. Takeout order
7. Author Mr. Wiesel
8. Peel
9. Hosp. readout
10. Spicier
11. "___ ___": #20-Across hit

12. Mr. Hogan
13. Pac-Man ghost
21. Enraged emotion
23. Li'l elevation
25. Meadow cry
26. Betty Crocker product
27. Wall painting
28. Senior Crown ___ (Title character's profession on "Janet King", new to CBC)
29. States' sailor service, shortly
30. Attach: 2 wds.
31. Bar beverages
32. Movie critic Roger
33. Cher duettist
35. A little, musically
38. Change position
39. Ancient dating letters
41. Type of fish Humpback Whales feed on off the coast of Newfoundland
42. "___" (Teen comedy on MTV Canada)
44. Non-verbally agree
45. Shoppers Drug Mart cosmetics line
47. Unrestrained purchasing
48. Actor Dean
49. Not fooled: 2 wds.
50. At all
51. YMCA part
52. Duellist's need
53. British actress Diana
54. Actor Idris
55. Vintage autos
58. ___-Medonte (Ontario township)

Yesterdays Crossword



Online

See today's answers at metronews.ca/answers

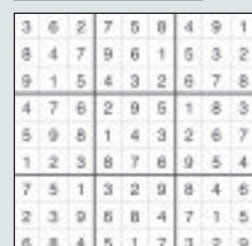


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterdays Sudoku



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